

# Hawaii Marine

## ‘Blue Angels’ bring on heat



Cpl. Reece Lodder | Hawaii Marine

A wall of fire erupts behind a Blue Angels F/A-18 Hornet aircraft as part of a Marine Air-Ground Task Force demonstration during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28. Thousands of visitors flocked to the air show, Saturday and Sunday, to witness stunning performances by the Blue Angels and a variety of other military and civilian craft. Service members enjoyed a military appreciation day during the event’s Sept. 28 rehearsal. The free event was open to the public and celebrated the centennial of Marine Corps aviation.



Rochelle Smolinski | Hawaii Marine

HONOLULU — Adm. Thomas B. Fargo (left) and David J. McIntyre (right), 2012 Medal of Honor Convention co-chairmen, watch as Paul Andes (center) and Karl Kiyokawa (second from right), 2012 Medal of Honor Convention operations co-chairmen, unveil the Medal of Honor Memorial Stone during its dedication at the National Memorial Cemetery of the Pacific, Wednesday.

## Medal of Honor ceremony attendees honor fallen

**Rochelle Smolinski**  
Photojournalist

**HONOLULU** — White stars on a blue ribbon is a neck order few military personnel wear. It is an award for acts of valor above and beyond the call of duty, a military award held in the highest regard.

The Medal of Honor draped proudly about the necks of more than 50 military veterans attending the events of the Medal of Honor Convention Oct. 1 through 6.

One event included a stone dedication ceremony honoring 32 Medal of Honor recipients interred at the National Memorial Cemetery of the Pacific,

Wednesday.

Retired Col. Gene Castagnetti, director of the National Memorial Cemetery of the Pacific was pleased with the turnout honoring the active and deceased members of the prestigious military award.

“I think it was an awesome ceremony and a great outpouring of the Honolulu community,” Castagnetti said.

The keynote speaker, retired Navy Capt. Gerald L. Coffee, moved the audience with his story about maintaining the chain of command while held captive in a prisoner of war camp in North Vietnam.

*See MEDAL, A-7*

## Medal of Honor recipients meet latest generation of Marines



Cpl. James A. Sauter | Hawaii Marine

Retired Marine Maj. Gen. James Livingston (center), a Vietnam-era Medal of Honor recipient, hands Sgt. Justin LeHew (left), 3rd Marine Regiment sergeant major, a biographical book about Medal of Honor recipients during a professional military education session on Marine Corps Base Hawaii, Thursday. Three Medal of Honor recipients talked with Marines from 3rd Marines about esprit de corps and the bonds between the older and younger generation of Marines. The recipients visited the 2012 Kaneohe Bay Air Show, Sunday, the current Sergeants’ Course class and ate lunch at Anderson Hall, Thursday.



**Zumba!**  
Semper Fit Center celebrates National Hispanic Heritage Month with special class, **B-1**



**Hike it!**  
Take in an easy hike and a beautiful view on the Pillbox Hiking Trail in Kailua, **C-1**

**Saturday**  
**High 82**  
**Low 72**

**Sunday**  
**High 81**  
**Low 71**



# NEWS BRIEFS

**Traffic alert: 2012 Medal of Honor Convention downtown block party**

As part of the 2012 Medal of Honor Convention, please expect traffic slowdowns as a result of vehicle convoys traveling throughout Honolulu as follows:

Today, from 6 to 7 p.m., a vehicle convoy is scheduled to travel from Waikiki to Downtown Honolulu with police and EMS escort. The block party will be near Murphy's Bar and Grill on Nimitz Highway (between Smith Street and Nuuanu Avenue). Medal of Honor recipients will be treated to entertainment by Gary Sinise and the Lt. Dan Band. The block party runs from 5 to 10 p.m. and is open to the public.

No roads will be closed as a result of the 2012 Medal of Honor Convention. For more information visit [MedalofHonorConvention2012.com](http://MedalofHonorConvention2012.com) or email [sponsor@MedalOfHonorConvention2012.com](mailto:sponsor@MedalOfHonorConvention2012.com).

**New earthquake app brings American Red Cross safety information to mobile devices**

The American Red Cross has launched its official Earthquake App, putting lifesaving information right in the hands of people who live in or who visit earthquake-prone areas. This free app is available for use on both iPhone and Android platforms.

Features of the app include earthquake notifications showing the epicenter, magnitude and intensity maps; one touch "I'm safe" messaging that allows users to broadcast reassurance to family and friends via social media outlets; and interactive quizzes.

The Earthquake App can be found in the Apple App Store and the Google Play Store for Android. For more information, visit <http://www.hawaiiredcross.org> or call 739-8109.

**MCMAP Instructor Course**

For those interested in upgrading their MCMAP belt, SOI-West Detachment Hawaii will be running an Instructor Course from Oct. 15 through Nov. 2. Applicants must meet the following criteria for acceptance into the course:

- Corporal or above
- First class PFT/CFT
- Within height/weight standards
- Gray belt or higher

Additional prerequisites can be found on the Command Screening Checklist (NAVMC 11749). Interested applicants should contact their unit training representatives for additional details and registration via MC-TIMS. For questions contact the MAIC staff at 257-0839.

**AFCEA Hawaii Chapter monthly luncheon**

Maj. Gen. Norman J. Brozenick, Jr., the commander of Special Operations Command Pacific, is scheduled to be a guest speaker at "Visionary changes coming to the Special Operations Forces and SOCPAC: the impact on C4 requirements," at Fort Shafter Hale Ikena on Tuesday, from 11 a.m. to 1 p.m. To register visit <http://www.afceahawaii.org/program/default.htm>.

**Base Legal closures**

The Legal Services Center at building 215 will be closed at noon today and will reopen at 7:30 a.m., Thursday. If you need immediate legal assistance contact the Navy Legal Services Office, Pearl Harbor at 473-4717. For questions, call Master Sgt. Pennington at 257-7801.

**Important phone numbers**

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



# Hawaii Marine

[www.mcbh.usmc.mil](http://www.mcbh.usmc.mil)

Commanding Officer	Col. Brian P. Annichiarico
Base Sergeant Major	Sgt. Maj. Robert E. Eriksson
Public Affairs Director	Capt. Pamela K. Marshall
Public Affairs Deputy Director	1st Lt. Diann Olson
Public Affairs Chief	Gunnery Sgt. Matthew O. Holly
Public Affairs Operations Chief	Staff Sgt. Brian A. Tuthill
Public Affairs Administration	Kaye McCarthy
External Media Chief	Staff Sgt. Kristin Bagley
External Media NCO	Cpl. Vanessa American Horse
Community Relations Chief	Sgt. Danny H. Woodall
Managing Editor/Internal Media Chief	Sgt. Skyler Tooker
Press Chief	Sgt. D.R. Cotton
Combat Correspondent	Cpl. Reece Lodder
Combat Correspondent	Cpl. James A. Sauter
Photojournalist	Christine Cabalo
Photojournalist	Rochelle Smolinski
Graphic Artist	Kristen Wong
	Jay Parco

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps.

Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised.

Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC.

Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 529-4700.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

*Hawaii Marine, Box 63062, Building 216,  
MCB Hawaii, Kaneohe Bay, Hawaii 96863  
E-Mail: [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com)  
Fax: 257-2511, Phone: 257-8837*

# Wounded Warriors fly in WWII aircraft for K-Bay Air Show



Cpl. James A. Sauter | Hawaii Marine

Retired Coast Guard Cmdr. Bruce Mayes, SNJ-5B Texan pilot, helps Cpl. Clifford Sandy, a wounded warrior with Wounded Warrior Battalion West — Detachment Hawaii, climb into the aircraft's cockpit for a ride during the 2012 Kaneohe Bay Air Show at Marine Corps Air Station, Kaneohe Bay, Sunday. Three of Marine Corps Base Hawaii's wounded warriors rode the aircraft during the weekend.

# Medal of Honor recipients visit Kaneohe Bay Air Show prior to annual convention



Cpl. James A. Sauter | Hawaii Marine

Retired Navy Capt. Gerald Coffee and Retired Air Force Col. George "Bud" Day converse during the 2012 Kaneohe Bay Air Show at Marine Corps Air Station, Kaneohe Bay, before the start of the 2012 Medal of Honor Convention, Sunday. Their friendship started when they shared a prison cell at the infamous "Hanoi Hilton" during the Vietnam War. For his bravery inside this war prison, Day was awarded the Medal of Honor. Day also served in the Army and Marines.

# ‘Watts for lunch?’ Facilities Department encourages energy conservation



Kristen Wong | Hawaii Marine

Christopher Blanchard, chief of staff, Marine Corps Base Hawaii, turns off his computer in honor of the "Watts for Lunch" event. "Watts for Lunch" was held basewide on Wednesday. Everyone who lives and works on base were encouraged to turn off one piece of electronic equipment for one hour, from noon to 1 p.m. The initiative was inspired by "Earth Hour," a worldwide campaign that takes place in spring, and encourages people everywhere to turn off their lights for one hour. The first "Watts for Lunch" was held in 2010 on base, and had 55 percent participation. Another "Watts for Lunch" is scheduled on Oct. 24.



# AROUND THE CORPS

## Peleliu Amphibious Ready Group resupplies, relaxes in Hawaii

**Lance Cpl. Timothy Childers**  
15th Marine Expeditionary Unit

**USS RUSHMORE** — After spending a week at sea, Marines and sailors aboard the USS Rushmore, part of the USS Peleliu Amphibious Ready Group, were given a break when they arrived at Joint Base Pearl Harbor-Hickam in Hawaii. Many took the opportunity to relax on Hawaiian beaches or shop for souvenirs before continuing on their Western Pacific deployment.

The PELARG left the piers of Hawaii, Sept. 25, after spending a day resupplying, refueling and relaxing. The USS Rushmore, USS Green Bay and USS Peleliu will continue their deployment that began the week before.

“After we depart Hawaii we will head to the Western Pacific where we plan to conduct theater security cooperation exercises with foreign nations,” said Maj. Bryan Boyle, executive officer, Combat Logistics Battalion 15, 15th MEU. “Apart from training exercises, we also plan to provide humanitarian assistance with engineering, medical and dental aid to other nations.”

The service members have a long float ahead of them as they travel thousands of miles west, but many of them are ready and well rested after spending some free-time on the tropical island of Oahu.

“It’s nice to have some time away from work every once in a while,” said Lance Cpl. Christopher Moore, field artillery cannoner, Battery B, BLT 3/5, 15th MEU. “I wouldn’t be able to go to Hawaii on my own outside the Marine Corps. The time we had in Hawaii made me look forward to future destinations,” added the 20 year-old Columbia, Mo., native.

An important aspect of mission readiness is troop



Lance Cpl. Timothy Childers | 15th Marine Expeditionary Unit

**A Marine from the 15th Marine Expeditionary Unit watches as the USS Rushmore leaves Joint Base Pearl Harbor-Hickam, a week into the unit’s Western Pacific Deployment, Sept. 25.**

welfare. Even a few liberty stops overseas can raise the moral of shipmates while they are underway and away from home.

“It’s good to have liberty ports. Everyone needs time to relax,” said Lance Cpl. Jeffrey C. Cook, fire direction controller, Battery B, Battalion Landing Team 3/5, 15th MEU. “I’m afforded the opportunity to visit foreign nations that I would normally not be able to go to. It makes the deployment far more enjoyable,” added the 20 year-old Orlando, Fla. native.

Besides being able to unwind, the troops took something more away with them while visiting Hawaii.

“Liberty is a good thing for Marines. Service members are exposed to and learn about different cultures and those cultures are able to see our Marines and sailors and learn a little about us,” said Boyle, a 41-year-old native of Wilkes-Barre, Pa. “It also gives Marines a chance to relax and decompress from being at-sea for long periods of times.”

After spending the day docked, the Marines and sailors mustered on board the following morning before the ship pulled away from dock. They were rested, motivated, happy and ready to take on the challenges that awaited them.

## ‘One Bullet Away Day’ puts NCOs in command

**Lance Cpl. Devin Nichols**  
2nd Marine Logistics Group

**CAMP LEJEUNE, N.C.** — Noncommissioned officers with 2nd Maintenance Battalion, Combat Logistics Regiment 25, 2nd Marine Logistics Group took the reins of the battalion during the One Bullet Away Day here, Sept. 20.

During One Bullet Away Day, all leadership billets from staff noncommissioned officer in charge to battalion commander were filled by noncommissioned officers who were chosen after a rigorous selection process.

“It is somewhat overwhelming, but we went through a strict interview process and were selected into these positions by the battalion commanding officer and sergeant major,” said Sgt. Jeffery R. Keller, who was selected to be the battalion’s acting sergeant major for the day. “I take it as a big responsibility.”

“It’s an honor to be selected for this position,” said Sgt. Matthew J. Stotts, the acting battalion commanding officer for the day. “It is a good feeling to know you are doing a good job, and it speaks volumes of what you do as an NCO.”

Despite the change in leadership, the battalion’s mission still rolled on. The Marines of 2nd Maint. Bn. are responsible for maintaining the equipment of II

Marine Expeditionary Force, to include ordnance, motor vehicles, communications electronics and engineering equipment.

In addition to mission accomplishment, the NCOs in charge had to look out for their troops’ welfare.

“We need to make sure the Marines are getting taken care of, and make certain the work is getting done,” said Cpl. Cody A. Spinhirne, who was the acting Headquarters Company platoon sergeant. “Formations are being put in place to ensure all the Marines know what they are doing today.”

The battalion consists of six companies and more than 1,400 Marines, so organization is paramount – especially without the key leaders.

Throughout the day, the acting leadership filled the big shoes by conducting daily business and ensuring safety throughout the maintenance garages, but there were some curveballs. The NCOs in charge responded to simulated drunk driving, drug and traffic incidents.

“The Marines did very well with the leadership positions given to them,” said Stotts.

With their day as senior leadership completed, the Marines retired to assume their normal duties in the morning.

## 2nd Tank Battalion crew earns title as Marine Corps’ best tank crew for 2012

the high shooters for their respective battalions.

“These Marines are the best shooters from 1st Tank Battalion, 2nd Tank Battalion and 4th Tank Battalion,” said Gunnery Sgt. Daniel Formella, who is the master gunner instructor liaison at Marine Corps detachment Fort Benning, Ga., and was also one of three official scorers for the event. “I’ve never been in their shoes, but it’s a goal as a tankner to make it to the Tiger Comp., win that trophy and claim, ‘we’re the best tank crew in the Marine Corps.’”

Ngo was proud of his crew’s performance during the competition.

“I was nervous (coming in) because this is a big competition,” said Ngo. “But everyone did an outstanding job.”

The crew from 2nd Tank Battalion trained daily two weeks prior to the tournament, working many hours with senior enlisted personnel from the battalion to ensure they performed well during the competition, explained Ngo.

“The guys who helped us for this competition are Staff Sergeant Robert King and Gunny (Steven P.) Sigafose,” said Ngo. “Before we came out here, Staff Sergeant King came off leave to

help us train. Gunny Sigafose, the battalion (master gunner), pretty much gave us one-on-one coaching ... critiquing us, like every little thing. He’d critique us to the point where (we) were almost perfect.”

A crew from 2nd Tank Battalion also won the McCard Cup during the 2011 Tiger Competition in Boise, Idaho. With this victory, 2nd Tanks maintains possession of the trophy for at least another year.

“This means a lot to me because the battalion gets to keep the trophy, and our crew got a big win before I get out of the Marine Corps,” said Linares.

Before being presented the McCard Cup, each member of the winning tank crew received a Navy and Marine Corps Achievement Medal in recognition of their dedication. With their victory in the competition, the crew’s countless hours of training, preparation and repetition ultimately paid dividends.

“The tanker community in the Marine Corps is very small,” said Kalaski. “Word travels fast, and to qualify and then actually win the Tiger Comp. is a really big deal. It’s a great honor for the battalion.”



Cpl. Tommy Bellegarde | Hawaii Marine

**An M1A1 Main Battle Tank fires from its main gun Sept. 26 during a practice shoot for the 2012 Tiger Competition aboard Camp Lejeune.**

**Cpl. Tommy Bellegarde**  
2nd Marine Division

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** – Marines from 2nd Tank Battalion, 2nd Marine Division, claimed the title as best tank crew in the Marine Corps for 2012 by placing first in the 10th annual Tiger Competition aboard Camp Lejeune Sept. 27.

The crew consisting of Sgt. Linh Ngo, tank commander; Cpl. Ryan Hanna, gunner; Lance Cpl. Delio Linares,

loader; and Lance Cpl. Domenic Kalaski, driver; defeated crews from 1st Tank Battalion and 4th Tank Battalion to win the tournament and capture the Gunnery Sergeant Robert H. McCard Cup for 2012. The victory put an exclamation point on a successful year of training for the crew from 2nd Tanks, who qualified for competition by achieving the battalion’s highest score during a gunnery shoot earlier in the year. The crews from 1st and 4th Tanks also qualified for competition by being



# Air time at Kaneohe Bay Air Show

## Fast aircraft, stunts, walls of fire dazzle more than 100,000

**Cpl. James A. Sauter**  
Combat Correspondent

Aircraft of all different types lined the flight line viewing area for thousands of spectators to enjoy. Visitors stood in amazement as they walked inside a behemoth aircraft known as the C-5 Galaxy, or got a close-up glimpse of the sleek design of the F-22 Raptor fighter jet. But their attention quickly turned to the roar of the Blue Angels as they flew overhead in their tight diamond formation.

Approximately 100,000 people flocked to Marine Corps Air Station, Kaneohe Bay, to watch the 2012 Kaneohe Bay Air Show, Sept. 28-30. The show included aerobatics and plane stunts from a variety of acts such as the U.S. Navy Flight Demonstration Squadron, the Blue Angels, small fixed-wing aircraft, rocket truck, a Marine Air-Ground Task Force demonstration with CH-53E Super Stallions and AH-1W Super Cobras and UH-1Y Huey helicopters.

"I'm really amazed by how far we've come in aviation and technology," said Cpl. Clifford Sandy, a patient at Wounded Warrior Battalion West — Detachment Hawaii and native of Blue Ridge, Texas. "It's really cool how much we graduated from planes like the World War II SNJ-56B Texan aircraft to the (aircraft like the F-16 Fighting Falcon)."

At the beginning of the Blue Angels' finale performance, the squadron's all-Marine air crew flew the C-130 Hercules aircraft known as "Fat Albert" at high speeds over the crowd, showing that even a gigantic aircraft can perform air stunts. While impressive from the ground, the stunts were even more so for the lucky few who rode inside "Fat Albert" for the performance.

"When I was up in 'Fat Albert,' I was just expecting to see a neat view but they gave me an awesome opportunity to sit inside an open hatch and that was quite an experience," said Pfc. Alejandro Acosta, Headquarters Battalion base fuels specialist. "When the plane dropped into zero gravity, I was enjoying the view and suddenly I flew out of my seat and I had to grab onto it ... I felt like I was going to fly away."

After "Fat Albert" completed its show, the six Blue Angels' F/A-18 Hornet aircraft took off to a rendition of "Kickstart My Heart" by Motley Crue. For a half-hour, the blue and yellow fighter jets screamed and howled over Kaneohe Bay while performing amazing aerobatic stunts.

The flight show ended with the Blue Angels' famous starburst formation. Afterward, visitors had the chance to meet and take photos with pilots.

"This show was really for all of the service members," said retired Coast Guard Cmdr. Bruce Mayes, a pilot performing at the air show. "The planes both on display and flying really show how far this country has come in the growth of aviation."



Cpl. James A. Sauter | Hawaii Marine  
Lt. Cmdr. John Kitty, a F/A-18 Hornet pilot, gives the thumbs-up to a visitor after the Blue Angels' performance at the 2012 Kaneohe Bay Air Show, Sunday.

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, demonstrate choreographed flight skills in F/A-18 aircraft during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28. Thousands of visitors flocked to the air show, Saturday and Sunday, to witness stunning performances by the Blue Angels and a variety of other military and civilian aircraft. Service members enjoyed a military appreciation day during the event's Sept. 28 rehearsal. The free event was open to the public and celebrated the centennial of Marine Corps aviation.



Cpl. Reece Lodder | Hawaii Marine



Cpl. Reece Lodder | Hawaii Marine  
A U.S. Navy SEAL and member of the Navy Parachute Team, the Leap Frogs, sails to the ground during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.



Cpl. Reece Lodder | Hawaii Marine

**ABOVE:** The U.S. Navy Flight Demonstration Squadron, the Blue Angels, demonstrate choreographed flight skills in F/A-18 Hornet aircraft during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.

**LEFT:** Aerobatic performer Kirby Chambliss flies his Red Bull Edge 540 aircraft upside down while performing during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.



Cpl. Reece Lodder | Hawaii Marine

An Air Force C-130 (top left) performs an aerial refueling of two CH-53E Super Stallions under the watch of an UH-1Y Huey and an AH-1W Super Cobra attack helicopter (bottom) during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.



# Invisible wounds

## Domestic violence survivor speaks at base chapel

**Kristen Wong**  
*Photojournalist*

Mildred Muhammad’s husband never hit her, but she still bears scars. Those scars are emotional, stemming from death threats, stalking, and months without knowing whether she would see her children again.

“Eighty percent of victims don’t have the physical scars,” said the former military spouse, who spoke to the Marine Corps Base Hawaii community at the base chapel in recognition of Domestic Violence Awareness Month on Sept. 26.

A native of Maryland, Muhammad, 52, has shared the story of her marriage, divorce and escape from John Allen Muhammad, the convicted “DC Sniper” who was executed in 2009, with many media outlets. She has founded a nonprofit organization dedicated to helping other victims of domestic violence, called After The Trauma, Inc.

In addition to the base chapel, she also spoke twice at Joint Base Pearl Harbor-Hickam.

“I’m honored to be here in Honolulu,” Mildred said of her visit. “(The military community is) like home. I understand the terminology.”

The Military and Family Support Center aboard JBPHH invited Muhammad to speak at both JBPHH and MCB Hawaii.

“We were all touched by her story,” said Tyra Lamb, family advocacy program education specialist at the Military and Family Support Center aboard Joint Base Pearl Harbor-Hickam. “She’s such a low-key kind of person, very down to earth.”

Lamb said she first heard Mildred Muhammad speak at the 2011 Institute on Violence, Abuse and Trauma conference. She said she was impressed by how Muhammad’s story was not only high profile, but was all-inclusive, and could perhaps reach more victims of various domestic violence situations.

“Her story of domestic violence is a perfect example of how anyone could be a victim,” Lamb said. “Even though he didn’t physically abuse her, the emotional scars are still there.”



Kristen Wong | Hawaii Marine

**Mildred Muhammad, the executive director of After The Trauma, Inc., a nonprofit organization, speaks to Marines, sailors and civilians at the base chapel aboard Marine Corps Base Hawaii, Sept. 26. Behind Muhammad is a cutout bearing the name of a local victim of domestic violence. Several cutouts were placed around the chapel, each representing a victim who lived in Hawaii.**

“Ordinarily I would say it’s an honor and a pleasure to introduce you to this woman,” said Capt. Christopher P. Ramsden, the commanding officer of Commander, Patrol and Reconnaissance Wing 2. “But while I can say it is an honor it’s really not a pleasure and the reason it’s not a pleasure is because domestic violence is not something (that should be happening). I think we’ve all been touched by domestic violence in our past, if not ourselves, certainly our loved ones.”

Mildred Muhammad’s husband, John was an Army sergeant. Married for more than 12 years, Mildred Muhammad and her husband had three children. She described him as a “go-to man” everyone loved. But when he returned from deployment in support of Operation Desert Storm, something changed.

To this day she said she is not sure

what happened to John Muhammad while he was in the Middle East, because much of the information was classified. Not only was he diagnosed with post-traumatic stress disorder, he “was a different person” to her, and there weren’t as many resources for PTSD support in the early 1990s as there are now.

Eventually, Mildred Muhammad chose to end their marriage. But while going through the divorce, John Muhammad continued to call her, intrude in her house, and threaten to end her life.

““You are my enemy ... and as my enemy I’m going to kill you,” were his words, as she recalled.

Her family dismissed John Muhammad’s threats as a “joke,” but one day, Mildred Muhammad’s three children went with their father on a normal weekend visit and did not come

home, neither were they in school. She also found her bank accounts had been emptied.

Mildred Muhammad would spend eight months in a women’s shelter hiding from her ex-husband. Eventually, the authorities found John Muhammad, and after a custody hearing, the children were returned to her. In 2002, Mildred Muhammad’s ex-husband was eventually arrested for killing 10 people, and became known as the “DC Sniper.”

“The man I married, the man that fathered my children, could not be capable of such a thing,” Mildred wrote in her 2009 memoir, “Scared Silent.”

“I sat in a hotel room riveted to the television set as images of John flashed across the screen,” she said. “It was surreal. I walked up to the TV, put my hand on the screen — and whispered, ‘What happened to you?’ I had just left a police station where an officer had looked me in the eyes and proclaimed, ‘Ms. Muhammad, we’re going to name your ex-husband as the sniper.’”

Muhammad’s children are now grown, and she has remarried. She continues to speak in various venues across the nation. She encourages anyone who has gone through trauma to speak to someone, and seek help if necessary. She is available to answer questions at [afterthetrauma@yahoo.com](mailto:afterthetrauma@yahoo.com) or you can visit <http://www.afterthetrauma.org> for more information.

Domestic Violence Awareness Month has been observed during the month of October since 1987. New initiatives have been introduced since then to support victims of domestic violence, including the Violence Against Women Act, and the opportunity for domestic violence screening within the Affordable Care Act.

President Barack Obama’s Oct. 2 presidential proclamation encourages those who are seeking help with domestic violence issues can call the National Domestic Violence Hotline at 1-800-799-SAFE.

For more information about Domestic Violence Awareness Month, visit <http://www.ncadv.org>.

# New Chemical Biological Radiological and Nuclear training

**Press Release**

*USMC College of Distance Education and Training*

The Marine Corps College of Distance Education and Training is pleased to announce the activation of the Chemical, Biological, Radiological, and Nuclear Individual Survival Measures course on MarineNet. The CBRN ISM course improves the fundamental, individual skills necessary to maintain individual protective equipment; donning, doffing, and exchanging equipment; and sus-

taining a protected posture in a CBRN environment. This course is intended for MOS 5700 Marines awaiting training, as follow-on training for CBRN personnel, Unit training, Non-57xx Marines, 57xx Reserve billets (Marine Forces Reserve), and as individual self-study elective training. The CBRN ISM interactive multimedia instructional courseware is comprised of a pre-test, eleven lessons in four modules, an end-of-course practice test, and an end-of-course exam. This instructional material developed by CDET in collaboration with and

guidance by the subject matter experts from the USMC Chemical, Biological, Radiological, and Nuclear School at Fort Leonard Wood, Missouri. This new course is now available on MarineNet by searching for course code CBRNISM010. Enrollment is open to all active duty and reserve Marines. For more information, contact CDET at 1-800-992-9210, or the MarineNet Help desk at 1-888-4DL-USMC (1-888-435-8762). Additional information can be found on the CDET/MarineNet Facebook page or CDET website.



Photos by Kristen Wong | Hawaii Marine

**ABOVE:** Jim Woods, the safety officers for the Leap Frogs U.S. Navy Parachute Team prepares to slice a piece of cake for Madison Pochup, 7, during a kick-off party for the Kaneohe Bay Air Show, Sept. 28. **RIGHT:** Navy Lt. Mark Tedrow, the narrator for the Blue Angels Navy Flight Demonstration Squadron, meets Leilani Cook, 3. The Marine Corps Base Hawaii community was invited to attend a small party at the Officers’ Club in the evening after the Kaneohe Bay Air Show’s military day. There was food, entertainment by hula dancers, a special mermaid guest apperance and an opportunity to meet the Blue Angels.

## CLEARED FOR KICK-OFF MCB HAWAII, KANEOHE BAY AIR SHOW PERFORMERS CELEBRATE AT THE OFFICERS’ CLUB



**LEFT:** Lt. Cmdr. Todd Royles, events coordinator for the Blue Angels Navy Flight Demonstration Squadron, signs an autograph for Jessie Blaine.

**RIGHT:** Col. Brian P. Annichiarico, the commanding officer of Marine Corps Base Hawaii, presents a plaque as a token of appreciation to Navy Capt. Greg McWherter, the commanding officer of the Blue Angels.





MEDAL, from A-1

He described the Morse reminiscent tap-code fellow prisoners used to communicate and performed several tap-code salutations for the gathering. He rapped out the codes for “G.B.,” “God Bless;” “G.N.,” “Good night;” and “G.B.A.,” “God Bless America” on the podium before him and also tapped out “A-M-E-R-I-C-A” to a standing ovation.

Coffee modestly told the crowd he had been in the right place at the right time and insisted what he did was nothing special; there is a hero in all of us.

“We are all equipped to be heroes,” Coffee said.

Staff Sgt. Monica Preston, a clarinet player in the U.S. Marine Corps Forces, Pacific Band, from Cleveland, Ohio, has served seven years in the Marine Corps. She performed in the musical numbers of the program. Preston said the ceremony was deeply moving and she was amazed to see so many Medal of Honor recipients in one place.

If Preston had one thing to say to one of the fallen Medal of Honor recipients in the National Memorial Cemetery of the Pacific, she would tell the service member she’s “Not quite sure words can actually describe it. They gave their fullest measure of devotion to America. Thank you from the bottom of my heart. All of America thanks you; you are not forgotten, you’ll always be remembered in our thoughts, hearts and prayers.”

The Medal of Honor Convention will continue to host events through Saturday. Today, there is a Downtown Honolulu Block Party at Murphy’s Bar and Grill from 6:30 to 11 p.m. On Saturday, there is a book signing at the Hale Koa Hotel from 9 a.m. to 1 p.m. and a Patriot Award Dinner at the Battleship Missouri Memorial from 4:30 to 9:30 pm.

# Medal of Honor recipient assists veterans

**Kristen Wong**  
*Photojournalist*

At age 15, Allan J. Kellogg Jr. wanted to do two things — “get tattoos and be a MO-reen.” Today, the Medal of Honor recipient has done both.

Kellogg, a current Kailua resident and a native of Bethel, Conn., joined more than 50 Medal of Honor recipients in Honolulu for the 2012 Medal of Honor Convention events this week.

Kellogg said he was very impressed by the Kaneohe Bay Air Show, which he and other recipients attended on Saturday, and also attended a ceremony at the National Memorial of the Pacific on Wednesday, dedicated to all fallen Medal of Honor recipients.

Born on Oct. 1, 1943, Kellogg attended Bethel High School for only two years before enlisting in the Marine Corps in 1960. He has been stationed in various places including Marine Corps Base Camp Lejeune, N.C., as part of 3rd Battalion, 8th Marine Regiment, and Marine Corps Base Camp Pendleton, Calif., as part of 1st Battalion, 4th Marine Regiment.

As a staff sergeant, Kellogg was deployed to the Republic of Vietnam. On March 11, 1970, while leading a platoon of nine in Quang Nam Province, Kellogg and his fellow Marines encountered a booby trap. The trap wounded three of his men, and killed one.

A helicopter evacuated the three wounded, but the platoon was told another would arrive for the deceased due to limited space.

“It started getting dark out and the area I was in was no place to be after sundown,” Kellogg said.

The platoon later found itself in an ambush of 45 to 50 enemy forces attacking with multiple weapons, from machine guns to rocket-propelled grenades.

“They were closing in on us,” Kellogg said. “They snuck up on me and reached over the dike and dropped a grenade right in my lap.”

Kellogg remembers shouting “GRENADE!” and attempting to smother it by forcing it down into the mud. When it detonated, he lost consciousness.

When he came to, Kellogg remembers breathing in the mud of the paddy he had fallen in, moaning quietly for help, thinking he was going to die. But in the



Kristen Wong | Hawaii Marine

**Retired Sgt. Maj. Allan J. Kellogg Jr. holds his hand over his heart during the Kaneohe Klipper Memorial Ceremony on Marine Corps Base Hawaii, Dec. 7, 2010.**

end, Kellogg made it out of Vietnam and was awarded a Medal of Honor for his actions.

Retired Lt. Col. Jon Gangloff, of Friendswood, Texas, called Kellogg an “exceptional individual.”

Gangloff was Kellogg’s company commander in 4th Battalion, 9th Marine Regiment, in Okinawa, Japan. He said Kellogg always made himself available to support junior Marines.

“He never used excuses,” Gangloff said. “He was always a first class individual. He’s still helping Marines today ... I think he deserves a lot of credit for that.”

In 1990, Kellogg retired after serving as 1st Marine Expeditionary Brigade sergeant major, when the brigade was headquartered in Hawaii.

That same year, Kellogg became a permanent resident of Hawaii. Of his 30 years of service he said he was most proud of having earned his rank as a senior enlisted leader.

In 1995, he started working as a benefits counselor at the local Department of Veterans Affairs.

He said he chose to work for the VA to continue what he did in the Corps, which was helping veterans and people in need.

Now 69 years old, and a widower with seven children, Kellogg is an incarcerated veterans re-entry specialist and also does homeless veteran outreach. He supports homeless veterans with food, clothes, identification cards and more.

Kellogg said the average veteran he supports is around 61 years old, and some turned to drug and alcohol abuse. He said the most rewarding aspect of his job is when a veteran released from jail manages to quit drugs and alcohol and transition successfully into society, though it doesn’t always happen.

“I can only do so much for a homeless veteran and an incarcerated veteran,” Kellogg said. “At some time the veteran has to take a step forward and help himself.”

For retired Sgt. Maj. Robert W. Holub, Kellogg has been a support system both in and out of the service. Holub, a sergeant major of U.S. Marine Corps Forces, Pacific until 2001, said he frequently sought Kellogg’s advice.

“When I first made sergeant major, I wanted an infantry battalion in the worst way,” said Holub, 56. “He said, ‘No matter what job you get, do your best. Take care of your Marines.’”

While supporting Marines, Kellogg was also always straightforward with his peers. Holub called Kellogg an example of “the utmost in professionalism.”

“If you weren’t cutting the mustard or if you weren’t living up to the standards of the staff noncommissioned officer he’d come down on you,” Holub said. “By God, you always knew where you stood with him.”

Kellogg also interviewed Holub at the VA when he retired from the military.

Today, as Kellogg continues his work at the VA, and attends various ceremonies such as Medal of Honor Convention events.

“He didn’t quit taking care of Marines when he retired,” Holub said. “He still takes care of them every day.”

But it’s not every day a service member is able to meet a Medal of Honor recipient. For those currently serving in the military or who hope to be in the military some day, Kellogg shared these words with the Hawaii Marine.

“Keep your act together and be prepared for whatever might happen, you never know what might be around the corner.”